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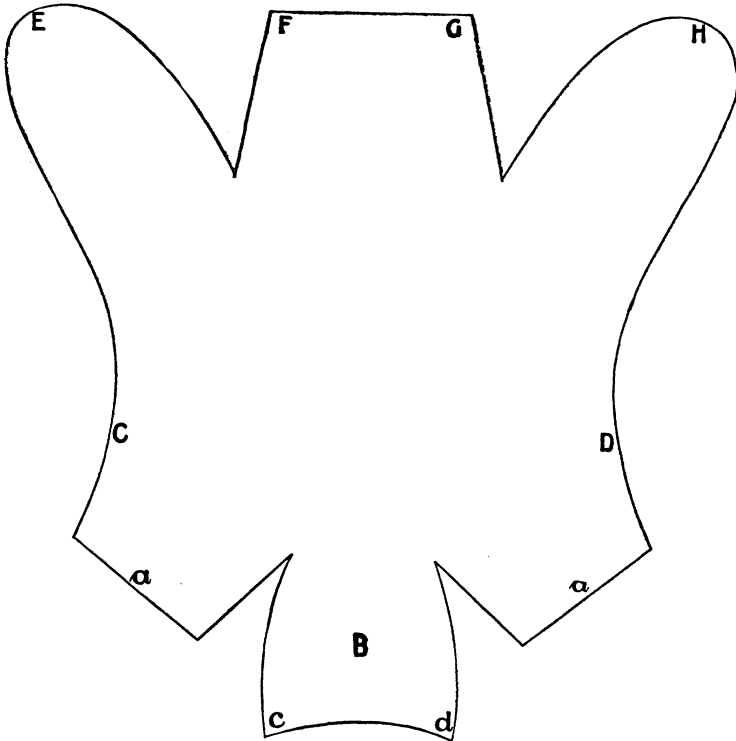
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PRACTICAL HINTS



A SLIPPER BED-PAN COVER

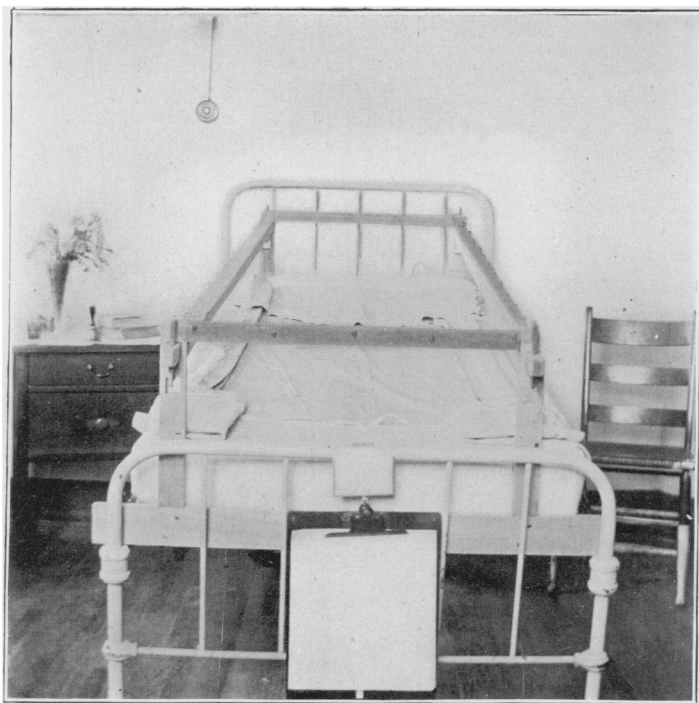
IN nursing the average bed patient a nurse knows but too well that one of the greatest difficulties she has to meet is the comfortable adjustment of the bed-pan. Sometimes, where the bowels move frequently, or where it is necessary to



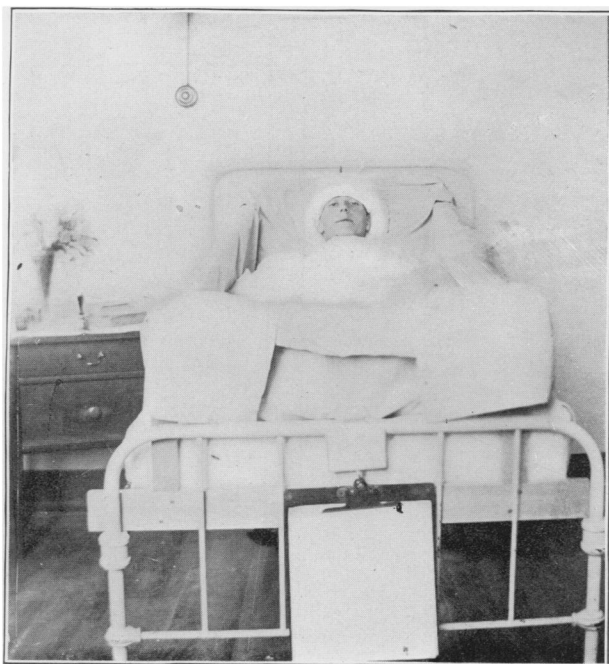
give enemas oft repeated, the constant shoving in and drawing out, together with the pressure against the hard surface of the bed-pan, results in a troublesome bed-sore. An ingenious device, in the form of a bed-pan cover, which greatly obviates this difficulty was shown us recently by Miss Snively, of Toronto General Hospital.

To make the cover one requires only a piece of double-coated rubber sheeting two feet long by one and a half feet wide, a soft pad of batting, and some tape. Cut out the pad in the shape shown herewith, making it as large as your sheeting will allow.

Now lap over and sew together the edges, marked "a." Bring up the remaining portion till the points "c" and "d" fall on the points "C" and "D." Turn in the edges and fasten well and smoothly by understitching. Sew strings of tape at the points "E," "F," "G," "H." It will now be readily seen that the



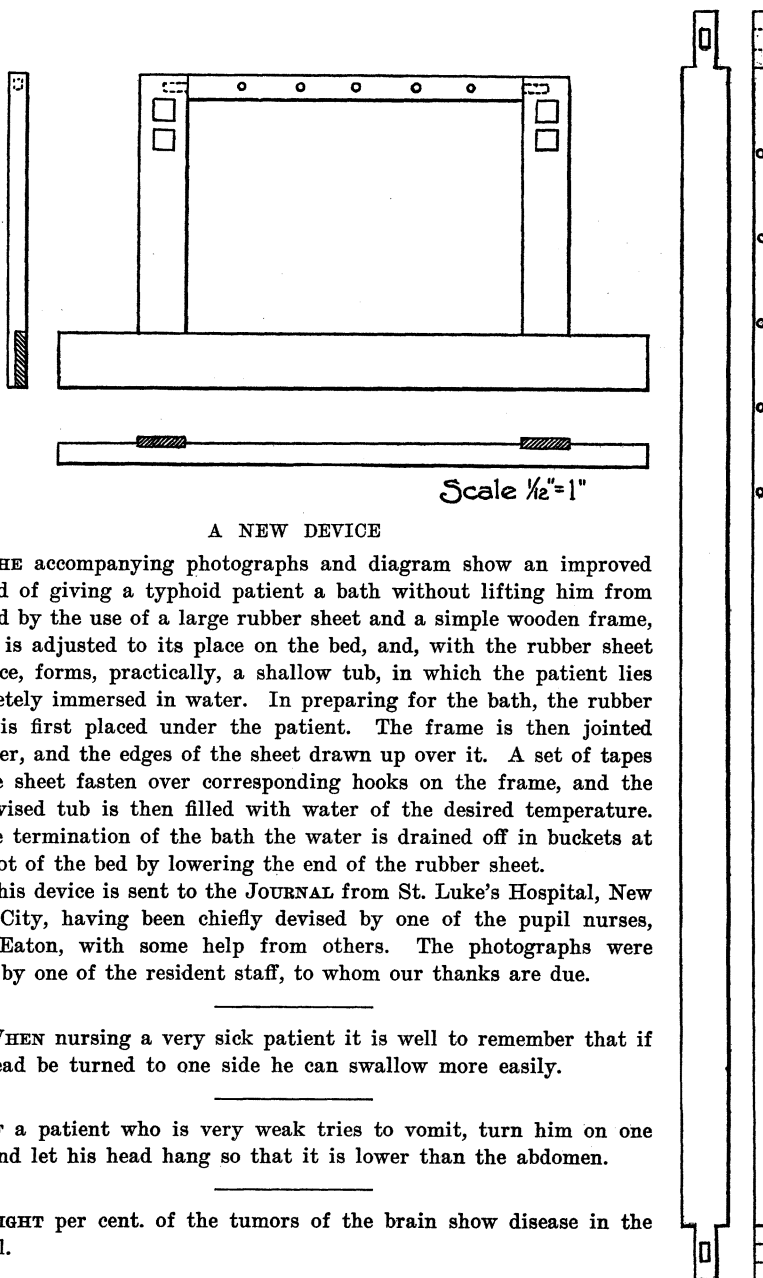
THE BED ARRANGED AS A BATH-TUB



TAKING THE BATH

portion "B" forms a small pocket, into which the pad may be drawn. Adjust the cover on the bed-pan and tie it firmly by the pieces of tape.

EVANGELINE THORPE,
Pupil Nurse, Toronto General Hospital Training-School for Nurses.



A NEW DEVICE

THE accompanying photographs and diagram show an improved method of giving a typhoid patient a bath without lifting him from the bed by the use of a large rubber sheet and a simple wooden frame, which is adjusted to its place on the bed, and, with the rubber sheet in place, forms, practically, a shallow tub, in which the patient lies completely immersed in water. In preparing for the bath, the rubber sheet is first placed under the patient. The frame is then jointed together, and the edges of the sheet drawn up over it. A set of tapes on the sheet fasten over corresponding hooks on the frame, and the improvised tub is then filled with water of the desired temperature. At the termination of the bath the water is drained off in buckets at the foot of the bed by lowering the end of the rubber sheet.

This device is sent to the JOURNAL from St. Luke's Hospital, New York City, having been chiefly devised by one of the pupil nurses, Miss Eaton, with some help from others. The photographs were taken by one of the resident staff, to whom our thanks are due.

WHEN nursing a very sick patient it is well to remember that if the head be turned to one side he can swallow more easily.

IF a patient who is very weak tries to vomit, turn him on one side and let his head hang so that it is lower than the abdomen.

EIGHT per cent. of the tumors of the brain show disease in the eyeball.

[We have been asked to give a diet-list for a patient during the first week after a normal confinement. M. L. K. sends the following.—Ed.]

DIET FOR ONE OR TWO DAYS AFTER CONFINEMENT.

Milk, hot or cold—with saltine crackers; beef-broth or chicken-broth; thin bread and butter with four ounces beef-juice; milk toast; buttered toast and cocoa; egg shake; any breakfast cereal.

AFTER TWO DAYS.

Breakfasts.

Toast,	Lamb chop, Coffee or Milk.	Scrambled egg, Graham bread,	Coffee.
	Orange, Rolled oats with cream, Soft-boiled egg, Toast,	Cream of wheat, Broiled white fish, Bread and butter, Tea or Coffee.	

Dinners.

	Beefsteak, Baked potato, Lettuce or Olives.	Roast lamb, Mashed potato, Macaroni, Wine jelly.
	Clear soup, Broiled or baked chicken, Sweet potato, Baked cup custard.	Roast beef, Celery, Potato, Rice pudding.

Suppers.

Baked apples with cream, Bread and butter,	Cocoa.	Creamed chicken on toast, Milk or Cocoa.
Oyster stew,	Crackers.	Dropped egg on toast.

More Supper Dishes.

Curds-and-whey; escalloped oysters; cooked fruits (apples, peaches, pears); chicken sandwiches; chopped fig sandwiches (soak the figs); boiled custard; sponge cake; orange jelly; orange marmalade. Fruit and fresh vegetables (such as peas, asparagus, string beans) may be given in their season if given in moderation.

Nursing mothers should avoid whatever has disagreed previously, and pork, veal, cabbage, turnips, beans, corn, cucumbers, and melons.

IN examining an eye the degree of hardness of the ball is one of the points necessary to be considered. To do so the two index-fingers are pressed gently over the ball. In certain serious conditions of the eye the ball becomes very soft, and if recognized immediately serious injury may be averted.

THE use of pen and ink is much less trying to the eyes, both in childhood and adult life, than the pencil with slate or paper.

ONE of the first signs of perforation in typhoid fever is apt to be hiccough.